



**Wirral University  
Teaching Hospital**  
NHS Foundation Trust

# Group Mindfulness Classes for Chronic Pain

Patient Information Leaflet

[wuth.nhs.uk](http://wuth.nhs.uk)

This Booklet is for patients under the Wirral University Teaching Hospital Chronic Pain Service.  
It will provide information about the chronic pain service's group mindfulness classes.

**Does your pain make you feel worried, stressed, or anxious?**

Do you find yourself worrying about how your pain might affect the future and have trouble switching off?

Are you interested in learning about something that could help reduce your pain and stress?

**What is mindfulness?**

Have you noticed yourself doing things automatically without thinking? Like driving to work without paying attention.

This is "autopilot" Your mind spends lots of time like this, focusing on thoughts unrelated to the present moment, like worrying about the future. These thoughts can negatively affect your mind and body. (This happens a lot when we're in pain, as pain is stressful)

Mindfulness, can teach you to focus your attention on what you're thinking, feeling, and seeing, in the present moment, with compassion and without judgement. By learning to observe your thoughts without judgement, you'll see they're just mental events that often pass if you don't act on them.

**What do the sessions involve?**

There are 4 sessions. Each session will be 40 to 50 minutes.

All sessions will be practical, giving you the chance to try a range of mindfulness activities. The first session will cover, how mindfulness can help with chronic pain, mindfulness mythbusting, and more.

The other 3 sessions will be practical and interactive, where you will try a range of different mindfulness tasks with the group. You'll be given activities to try at home and there will be an opportunity to share your progress or difficulties with the group in the following sessions. This will give you an opportunity to get help from the group and team if you're finding things tricky.

**How many people will be in the group and who will lead the sessions?**

Groups will consist of up to 12 people. The sessions will be led by members of the chronic pain psychology team.

**Where will the sessions take place and how often?**

There will be 4 sessions in total, one a week for a month. The sessions will take place at Elm House Clatterbridge Hospital on Friday mornings at (find out time)

**How much does it cost? And how do I sign up?**

Sessions are free to anyone referred to the chronic pain service where this might form a useful part of their treatment plan. If you feel they will help you, please speak to a member of the team to consider if these could be helpful.

**What to do if you cannot attend?**

If you cannot attend a session, please call the chronic pain admin team on 0151 482 7891. It is important you try to let us know as soon as possible if you can't attend so we can possibly offer your space to another person. If you have agreed to attend then we will follow the departmental 'did not attend' policy if we do not hear from you.

**Do you need to bring anything with you?**

We will provide you with a mindfulness diary sheet for the sessions. You can also bring a drink to the sessions if you want. We may also ask you to bring some chocolate or similar food for one of the sessions involving mindful eating but we can talk to you about this once sessions have started.

**Do you need special clothing or equipment?**

No, the classes will take place indoors, wear whatever you feel comfortable in. You will not be asked to do any physical exercise.

**Who to contact if you have any questions about the group.**

If you have any questions about the classes, please contact the chronic pain team on 0151 482 7891

To find out more about mindfulness you can visit the following websites:

<https://www.freemindfulness.org>

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

This leaflet is available in large print, Braille and on tape. Please contact 0151 604 7289 if calling from outside the Hospital and x2761 if calling from inside the Hospital.



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